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Woman found dead after odd fire

MEREDITH O'HARA
 for Metro Calgary

FATALITY A woman was found dead after a bizarre fire that put itself out, the fire department said.

City fire and police were called the 6400 block of Travois Place early Monday afternoon.

When emergency crews arrived the building manager took officials to a third floor suite where there was obvious fire damage.

However the fire was already out.

Inside the suite the walls were blackened and a number of items were completely melted.

A female occupant was found dead inside the apartment.

"At this point we don't think it's suicide and we don't think the fire is suspicious," said Jeff Budai, spokesman for the Calgary Fire Department.

Investigators are still looking for the cause of the fire and how it extinguished itself.

Food pg 21



Starting today, our Food section appears every Tuesday to bring you great recipes earlier in the week — and give you more time to plan your weekend entertaining.

Local pg 3

Close election race expected



Mike did it for 'good people'



Stampeders quarterback Henry Burris threw for 285 yards and one touchdown in yesterday's Labour Day Classic at McMahon Stadium in Calgary. The Stamps defence shut down the Edmonton Eskimos offence en route to a 32-8 win. Story, page 20.

Stamps top Eskos

Skills competitors get classic tailgate

International visitors experience Canadian football

KRISTA SYLVESTER
krista.sylvester@metronews.ca

It was one wild tailgate party for 4,000 World Skills competitors, delegates and volunteers yesterday before the Stampeders Labour Day Classic.

While many of the competitors have never seen the North American version of football, most were excited to take in the big game while enjoying food, drinks, sports and games before the game in the parking lot of the Foothills Stadium.

United Kingdom aircraft maintenance competitor Stewart Wright said between Sunday night, and the Labour Day Classic, they were both the biggest parties he has been a guest



WorldSkills competitors got a taste of Calgary Stampeders tailgating, as they partied outside McMahon Stadium yesterday.

of. "Everything is great, it's really exciting and Calgary has put on a really good show. I just hope someone can help teach us the rules about the football game," he said.

His companion, fellow United Kingdom team leader Jonnah Jones said he

gives Calgary a big "yee-haw."

Many teams, including the Sweden team, took in a Vipers practice while relaxing on the bleachers, where teammate Camille Cedlund sat back and took in the sun.

"It's all been so much fun and Calgary is really an

amazing city. The football game is going to be fun too," she said before the kick-off.

World Skills chair Guy Mallabone said all 46 winners of the competition were taking part of the Labour Day game halftime show in celebration of the competition.

"It's the perfect end to the perfect competition and the great blue skies and weather were nice too. It's another home run and a great opportunity for the best of each country to represent their teams," Mallabone said.

Mallabone said everyone will be taking back great memories with them after the successful games.

"And today is basically one big tailgate party for everyone to celebrate."

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Starting today, Metro has an all new mobile site, m.metronews.ca — your best destination for up-to-the-minute news and entertainment on any web-enabled phone.

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Our new Viigo and iPhone apps download the latest news to your phone, so even if you're not getting any reception, or someone snagged the last copy of Metro from our boxes, "young, active, metropolitans across Canada can access Metro on their phones whenever they want from wherever they are," says Metro English Canada Group Publisher Bill McDonald.

Here's how to do it: Go to m.metronews.ca, text GETMETRO to 82442 for a link to the site, or download Viigo for BlackBerry, free at viigo.metronews.ca. The free iPhone app will be available soon.

To make it even easier, Metro readers can also zoom directly to specific news or entertainment via our new in paper ScanLife barcodes. Follow our directions on page 3 of today's paper.

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News on the Move
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Local



Pride Parade draws thousands

More than 4,000 people attended Calgary's 2009 Pride Parade Sunday, celebrating diversity and equality, according to board president Sam Casselman. There were over 40 floats in the parade, which is more than last year, she added.

METRO CALGARY



Man finds body in Fish Creek Park

DISCOVERY A man walking his dog made a grisly discovery yesterday after he stumbled onto a dead body in Fish Creek Park.

Dan Sakiofske, 24, was walking along the park when he took a shortcut around some bushes to avoid traffic when he made the discovery.

"I was walking around and suddenly I saw some feet and legs sticking out ... I got my dog out of there and called the police," he said.

Sakiofske said the remains were "unsettling" because they were found so close to the community.

Police confirmed a body was found but said no more information will be released until an autopsy has been completed, adding the homicide unit was also called in to investigate.

KRISTIA SYLVESTER/
METRO CALGARY

Calgary in brief

INCIDENT A woman in her early 20s is recovering in hospital after an incident at the University of Calgary Arts Parkade at the south end of the campus Sunday night. The woman was taken to Foothills hospital after reports she fell in the parkade.

RCMP Alberta Sheriffs and RCMP were kept busy handing out almost 800 violations over the Labour Day weekend between Edmonton and Airdrie. The operation targeted unsafe driving and high speeds.

LITERACY Today is international literacy day. The Calgary Public Library is encouraging everyone to read to their children today in celebration of the worldwide event. Tonight at the Central Library, Alberto Manguel will give a public lecture about the importance of libraries and reading. According to the UN, one in five adults worldwide is illiterate.

METRO CALGARY

Lotteries

Friday, Sept. 4
Lotto Super 7: 4, 5, 10, 20, 33 & 36. Bonus 3.
Saturday, Sept. 5
Lotto 6/49: 12, 13, 27, 32, 45 & 46. Bonus 18.
These results are not official.

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All signs point to tight race in riding

Campaigns reaching out in Calgary-Glenmore before Sept. 14 byelection

DARREN KRAUSE
darren.krause@metronews.ca

If political signs on private property could predict the outcome of an election, they might say the race for Calgary-Glenmore is going to be a tight one.

Metro scoured the south-west communities of Haysboro, Southwood, Braeside, Bayview, Pumphill, Palliser and Oakridge on Labour Day, tallying the scores of sign support for candidates in the Sept. 14 byelection.

The search uncovered the following sign totals: Paul

Hinman, Wildrose Alliance — 152; Dianne Colley-Urquhart, Progressive Conservative — 128; Dr. Avalon Roberts, Alberta Liberal — 106.

None of the three main campaign teams contacted by Metro would provide exact private property sign counts, instead noting they are all working hard, meeting people, knocking on doors and finding support.

While the sign count didn't cover the entire Calgary-Glenmore riding and is not scientific, Mount Royal University political science expert Duane Bratt said it is a

fair estimate of a candidate's overall support.

"Especially when usually provincial elections have a lower turnout, if the people are willing to put signs on their lawns, they are probably also willing to go out and vote," Bratt said, adding the number of signs also shows the amount of volunteer support.

"There is no magic formula, but it shows a good indication of how things are going."

Brendan Dunphy of the Roberts campaign told Metro they have placed more private signs than in

the past, and Matthew Benzen of the Wildrose Alliance said their campaign has re-ordered signs three times because of the demand.

Signs for the NDP or Social Credit party were not recorded on private property.

WITH FILES FROM
KRISTIA SYLVESTER

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Metro counted private property signs to gather a snapshot of how the Calgary-Glenmore election might turn out.

Striking Safeway employees block trucks

VICTORIA HANDSIDES
for Metro Canada

LABOUR Rain drizzled down on hundreds of striking Safeway employees on the first day of a stand against what they say are unfair working conditions.

"We're locked out, so we're locking them out," said striking order selector Nathan Couture.

They created a human roadblock at entrances to Safeway's main distribution centre, as company higher-ups looked on from a row of rented vehicles. Few words were exchanged between the two groups.

"We do respect the process of picketing and do understand it's a legal activity," said Safeway spokeswoman Betty Kellsey. "What is not acceptable and illegal is blocking trucks in and out of that facility."

The company is seeking an injunction from the labour board.



Safeway workers created a human roadblock at the entrance of the main distribution centre in Edmonton. The union is protesting what they say are unfair working conditions.

Safeway took out ads following the strike notice, offering replacement workers \$18.41 per hour to pick up the slack created by 360 missing bodies.

Union rep Doug O'Halloran called labour laws "archaic," adding they don't prevent people from cross-

ing the picket lines to fill vacant jobs.

"They call them 'replacement workers,' we call them 'scabs,'" he said. "These are people that cross the picket lines and try to steal these jobs away."

Kellsey confirmed Safeway has hired around 90

trained replacement workers, who are ready to fill slots as soon as strikers allow trucks in and out of the property. She added third-party help will take over remaining distribution duties until the strike is resolved.

WITH FILES FROM
THE CANADIAN PRESS

9-1-1 service goes down

INVESTIGATION Calgary city officials continue to investigate a disruption to the city's 9-1-1 service early yesterday morning.

The problem began at about 2 a.m. and knocked out service for about a half-hour. Staff activated their back-up system but believe they missed 39 calls.

"We are not aware of anyone who was unable to reach emergency officials," said Doug Odney, program manager for Calgary Public Safety Communications.

He said many people called Calgary's information line, 3-1-1, when they were unable to reach a 9-1-1 operator.

Calls to the non-emergency lines of the Calgary Police Service, Calgary Fire Department and Emergency Medical Services were also impacted.

Full service was restored by 6 a.m. yesterday.

"We're working with Telus to find the cause of the problem and take steps to make sure it doesn't happen again," said Odney.

MEREDITH O'HARA/
FOR METRO CALGARY

Cuts for a cause draws 500 Calgarians to Tompkins Park

FUNDRAISER Dancing to the groove of the music the DJ was spinning in Tompkins Park, some of the most talented hairstylists in the city gave out dozens of \$20 haircuts for charity yesterday.

The Sixth Annual Artists for Quality of Life Donnie Peters Memorial Cut-a-Thon brought together a dozen of the best city stylists from various salons, with 500 Calgarians wanting a normally expensive haircut for

much less, including Jill Wood.

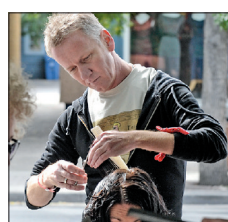
"I came a few years ago and it was the best haircut I ever had, and so I came back again to support a good cause," she said. "You won't find a haircut this good for this little anywhere else."

The money collected from the cut-a-thon goes towards AIDS Calgary's Positive Living Lunch Program, said organizer Linda Eckess.

"There's music, bou-tiques, dog haircuts, people haircuts and face painting — it's all fun for a good cause," she said.

Ginger Group hairstylist Stacy Peterson said this was her first year cutting hair for the fundraiser, but she had a blast. "I think it's a lot of fun and it's been a very good turnout and it's been a really great day."

KRISTIA SYLVESTER/
METRO CALGARY



Charlie Clarke at the 6th Annual Artists for Quality of Life Donnie Peters Memorial Cut-a-Thon held at Tompkins Park.

metronews.ca
WHAT'S ONLINE TODAY

Video The bodies of two Canadian soldiers killed by a roadside bomb are coming home from Afghanistan after a ramp ceremony yesterday at metronews.ca/world



Officials have identified the New Zealand man who died on Thursday of influenza A (H1N1), also known as swine flu, while in the city for the World Skills competition as 41-year-old Paul William Hartigan. Officials believe the man contracted the virus before he arrived in Calgary. **METRO CALGARY**

Voters for Taxis takes aim at rule review

MEREDITH O'HARA
for Metro Calgary

REVIEW Taxi customers in Calgary have a new advocate group on their side.

Voters for Taxis wants to represent the public during an upcoming bylaw review process at which time the city will review rules governing taxi service in the city.

"Voters for Taxis is trying

to help city council because otherwise there's no public voice," said Karen Cameron, an advisor for the grassroots group.

Cameron says it's the taxi industry that has the time and resources to keep up with city hall, not the public.

Voters for Taxis organized their own public opinion survey to see how the public felt about taxi service in Calgary.

Cameron says people don't trust the service. "It boils down to inconsistency."

Her group wants to see the business model changed, noting the current system works best for the cab companies, not the customers or drivers.

Kurt Enders of Checker Cab said it's difficult to get a cab at certain times of the day, but adding more cabs won't solve that prob-

lem.

"You'll never be able to meet the demand," Enders said.

He added Calgary Transit could help take the pressure off the taxi industry in the busy downtown area.

The city's Taxi Limousine Advisory Committee is holding a public meeting as part of their review this Thursday from 4 p.m. to 7 p.m. at the downtown library.

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Rob Young, owner of Calgary's Bistro PiQ NiQ and Beat NiQ Jazz and Social Club, hopes to save his club from closing by petitioning for support through this week's membership gala.

No picnic for Beat Niq club

Jazz bar could close doors Sept. 15

LISA CHU
for Metro Calgary



Online

• For more information, please visit beatniq.com

One of Calgary's pre-eminent jazz clubs could become a cultural casualty as the city copes with the economic recession.

The doors of the Beat NiQ Jazz and Social Club and bistro PiQ NiQ, a venue that has supported live music in Calgary since 1995 without public or corporate support, will soon close, said owner Rob Young.

The major challenge, said Young, has always been creating awareness and exposure for music in Calgary, but with the business on the brink of closure, the challenge now is greater than ever: "The push is on and the response has been great."

Young said Beat NiQ has helped develop many careers over the years.

"If there wasn't any Beat NiQ, I would not be a musician," said professional saxophonist Curtis Mac-

Donald, a former Calgarian now residing in New York.

"I caught 'the jazz bug' at a very early age seeing live music in the best and only underground venue in Calgary — if it ceased to exist it would feel like home was lost," said MacDonald.

On Sept. 10-12, Beat NiQ will invite some of Canada's top jazz musicians to perform at a membership gala.

Performing this Friday is guitarist and recording artist Ralf Buschmeyer, who says Beat NiQ has played an enormous role for musicians around the world: "Calgary is now known not only for its musicians, but for its venues."

He encourages music enthusiasts to go to the gala this week to save one of Calgary's most influential live music clubs.

News in brief

UNION Workers in Calgary and Edmonton must work 665 hours before becoming eligible for EI benefits, compared to 560 hours in Montreal and Toronto, and 420 in Newfoundland, according to the Alberta Federation of Labour. The union leaders hosted a barbecue yesterday in the city to

mark Labour Day.
BYLAW The city's bylaw director, Bill Bruce, will be heading to Nanaimo, B.C., to host a free seminar to help educate the city on responsible dog ownership Aug. 23. The town acknowledges Calgary's 90 per cent dog licensing rate as successful.

METRO CALGARY

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A man determined to protect his yard from an intruder faces criminal charges after he shot a bear with a bow and arrow. The bear died and the Hanmer, Ont., resident escaped injury following an incident yesterday afternoon near Sudbury. **THE CANADIAN PRESS**

Canada



MP told of journalist's progress

Liberal MP Dan McTeague says sources in Iran have told him that Maziar Bahari, left, a Canadian journalist detained in Tehran, has been acquitted of all minor charges against him. McTeague says sources close to this case say Bahari, accused by the Iranian government of being a spy, successfully defended himself in a trial on Aug. 12, 2009. Bahari, 42, had been on assignment in the country covering the presidential elections when he was arrested June 21 in a widespread post-election crackdown. **THE CANADIAN PRESS**

Slain soldiers coming home

Maj. Yannick Pepin, the highest-ranking Canadian killed in combat in Afghanistan, had lamented the death of two soldiers under his command just five weeks ago.

Yesterday, the bodies of Pepin, 36, and Cpl. Jean-Francois Drouin, 31, were being flown back to Canada after an emotional ramp ceremony at Kandahar Airfield.

They died Sunday in a powerful roadside bomb blast that hit their armoured vehicle on a road southwest of Kandahar, bringing to 129 the total number of Canadian soldiers who have died as part of the Afghan mission since 2002.



Yannick Pepin
Jean-Francois Drouin

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Both men were members of the 5 Combat Engineer Regiment based in Valcartier, Que.

THE CANADIAN PRESS

Grits testing election messages

POLITICS Listen carefully: You can hear the usual Parliament Hill yadda-yadda-yadda suddenly evolving into a higher form of political blah-blah-blah called campaign messaging.

The rhetoric emerging over the last week is being tweaked and tested and is likely what Canadians will hear repeatedly should there be a fall election.

Liberal Leader Michael Ignatieff got the ball rolling last week when he declared he could no longer support the minority Conservative government. That's when he road-tested the phrase "We can do better," later to be echoed in the party's new TV commercials released over the weekend.

The ads portray the professorial Ignatieff as a friendly, positive man with a wise, worldly perspective that would be a valuable as-



Liberal Leader Michael Ignatieff got the ball rolling last week by test-driving the election catch phrase, "We can do better." Insiders say the Tories are still formulating their campaign themes.

set in tackling complex economic and environmental issues. The Conservatives,

say insiders, are still formulating their campaign themes. **THE CANADIAN PRESS**

Court order sought in prisoner transfers

AFGHANISTAN A military watchdog agency has subpoenaed senior federal officials and is seeking a court order to force the Conservative government to release withheld information concerning the controversial transfer of suspected Taliban fighters into Afghan custody.

Subpoenas have been served on four former commanders of Canadian troops in Kandahar, the deputy minister and four employees of foreign affairs, and the chief of the Correctional Service of Canada. **TORSTAR NEWS SERVICE**

News in brief

CRIME A Quebec man is facing a dangerous offender status following his 19th conviction for drunk driving.

THE CANADIAN PRESS

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Police say a customs officer at Frankfurt Airport injured his hand when a package exploded while en route through the mail. **THE ASSOCIATED PRESS**

World



British cop pleads guilty

A former British child abuse detective has pleaded guilty to having sex with a 15-year-old girl whose family he had befriended during an investigation. Andrew Rowe hung his head after admitting he committed five sexual offences earlier this year. He entered his plea yesterday in Birmingham.

THE ASSOCIATED PRESS

New sanctions loom as Iran defies UN

NUCLEAR Iran veered closer toward the possibility of being slapped with tough new international sanctions yesterday after its president refused to stop enriching uranium and the UN nuclear watchdog warned of a "stalemate" with the country.

President Mahmoud Ahmadinejad said Tehran is ready to talk with world powers about unspecified "global concerns" — but he insisted his government will not halt uranium enrichment.

International Atomic Energy Agency chief Mohamed ElBaradei urged Iran to "substantively re-engage" with the international community.

"Iran needs to respond fully to all the questions raised by the agency in order to exclude the possibility of there being military dimensions to its nuclear program," El-Baradei told the IAEA's 35-nation board of governors.

THE ASSOCIATED PRESS



U.S. President Barack Obama waves after his speech at the AFL-CIO Labor Day picnic in Cincinnati.

Obama appeals to unions

U.S. President Barack Obama declared yesterday that modern benefits like paid leave and minimum wage "all bear the union label," as he appealed to unions to help him win the health care fight in Congress.

Shortly after becoming president, Obama confronted a rapidly deteriorating economy, a clogged credit system, failing or ailing banks, and a shaky stock market.

He used his speech on yesterday's North American Labour Day holiday to tick off a host of steps his administration has taken to steady the economy, and he made a special pitch for the health care overhaul he has pushed.

"We have never been this close," Obama said. "We have never had this broad an agreement on what needs to be done."

THE ASSOCIATED PRESS

Sudanese journalist spared flogging

Woman convicted for wearing trousers

A Sudanese woman journalist was convicted yesterday of public indecency for wearing trousers, but was spared a sentence of flogging.

A defiant Lubna Hussein said she would not pay a \$200 fine and would take a month in prison instead to protest Sudan's draconian morality laws.

The 43-year-old has set out to challenge the police and courts since her arrest in July by insisting the case go to trial, aiming to embarrass the Khartoum government with the publicity. Her prosecution — and the prospect that she could get

the full sentence of 40 lashes — drew an international outcry.

"I will not pay a penny," Hussein, who during the court session wore the same trousers that sparked her arrest, told The Associated Press after the ruling.

During the session, police rounded up about 40 women protesting outside the courthouse in support of Hussein, some of them wearing trousers as well in a sign of solidarity.

Lawyers said Hussein would be taken to a jail after she refused the fine.

In a column Friday in the British daily Guardian, Hus-

sein said her case is not an isolated one, but is emblematic of repressive laws in a country with a long history of civil conflicts.

"When I think of my trial, I pray that my daughters will never live in fear of these police," she wrote.

THE ASSOCIATED PRESS

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Three men convicted in jet plot

Three British Muslims were convicted yesterday of plotting to murder thousands by downing at least seven trans-Atlantic airliners in simultaneous attacks designed by al-Qaida to be the deadliest terrorist strike since Sept. 11, 2001.

Abdulla Ahmed Ali, 28,

Assad Sarwar, 29, and Tanvir Hussain, 28, were found guilty in Crown Court in London of leading a 2006 plan to detonate bombs on aircraft bound for the United States and Canada, using liquid explosives hidden in soda bottles.

Four other men were ac-

quitted of conspiring to bomb airliners, but admitted to lesser charges. An eighth man was cleared completely.

Authorities estimate that, if successful, about 2,000 passengers would have died and hundreds more killed on the ground. **THE ASSOCIATED PRESS**

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Comment & Views

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Comment

Election will pivot on Iggy's image

NationalReport

Lawrence Martin

metronews.ca/nationalreport

The Liberal campaign slogan, as revealed in its new TV advertising, is "We can do better." The one good thing about the mediocre ads is no one

can argue with that premise. The country can always do better. That won't strike many as justification for trying to force an election.

When Michael Ignatieff is asked to justify a campaign he should just follow up on the advertising theme and say, "Because I think I can be a better prime minister." That would be the honest response.

The commercials, one in English, two in French, do not, like Conservative ads,

feature scuzzy personal attacks. What is curious about them is they try to portray Ignatieff as a man of the people. In the English-language ad, he is standing in a regular blue shirt with a forest as the background — like he is getting ready to lead a boy scout troop on a hike.

This ordinary-guy pose is obviously designed to defray criticism that he is an ivory-tower elitist. But the Liberals should be careful here. The party pursued Ig-

natieff and made him leader not because he was a conventional political type but because he was deemed to be exceptional. Canadians, one suspects, would prefer the exceptional — not another run-of-the-mill political hack.

The English language ad does portray him as thinking in bigger terms about the country. That's refreshing because what has grated about the Harper government is its negativity and small-mindedness. Like

other career politicians, Harper views politics as a mudfight. Iggy didn't come from that culture and must not descend to that level.

The election result will pivot on the image of him that emerges. Harper is a known quantity. He is reasonably competent, but unlikable. The image is not about to change. Ignatieff, on the other hand, has yet to define himself. To try to do so during a campaign is risky business. This will be Harper's fourth campaign.

He is still only 50. Ignatieff, 62, will be running his first national election.

If he runs a smart campaign and generates excitement as a leader of promise, the one who makes the country do better, the Liberals will win.

If he is ambiguous and stumbles, the Conservatives will cruise to another victory.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Canada needs new security watchdog

Reg Whitaker

Security and intelligence problems keep popping on to the national agenda, even though few of us want to see them there. Over the past several years, Ottawa has set up three special public inquiries into national security issues, and at least two other issues have raised calls for more inquiries.

Continually calling new inquiries is not good public policy. Each inquiry is a one-off, expensive and time-consuming, and the expertise assembled for each inquiry is dispersed at the end,

while the next inquiry has to start from square one.

Ongoing accountability mechanisms form a poor patchwork, covering only parts of the process. The report on Omar Khadr, for example, looks only at CSIS, even though the Canadian policy on Khadr's situation was an all-government position, especially involving foreign affairs, whose intelligence activities are not subject to ongoing scrutiny.

Each move to extend accountability has simply extended the patchwork, with highly uneven results. CSIS receives relatively good scrutiny. The RCMP, on the other hand, is inadequately scrutinized for both its national security and its law

enforcement activities, as present and past chairs of the RCMP Public Complaints Commission have insisted publicly. Yet as a result of the Maher Arar report, the commissioner of the RCMP was forced to resign.

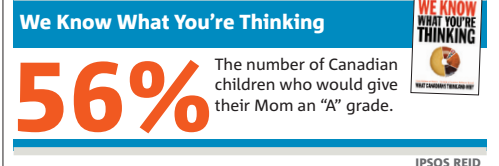
It is time to institute an effective ongoing accountability process for the entire security and intelligence community. The government has promised to do just this, but action has not followed. Justice Dennis O'Connor made wide-ranging policy recommendations in the Arar report, yet almost three years have passed with no visible response.

O'Connor recognized that the practice of security intelligence in the age of glob-

al terrorism has changed. Where stand-alone agencies once conducted their own operations on their own turf, today integration is the key: Integration across agencies, and across government jurisdictions. O'Connor pointed out that if accountability is to be effective, it must also be integrated. He proposed a set of institutional and legal mechanisms to achieve this. These should be at the heart of any reform package.

Better accountability in national security is in everyone's interest. This ball is now in the government's court.

Reg Whitaker is an adjunct professor of political science at the University of Victoria.



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Regulators on Friday shut down banks in Missouri, Illinois and Iowa, pushing to 88 the number of U.S. banks that have failed this year under the weight of the soured economy and rising loan defaults. **THE ASSOCIATED PRESS**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA



Madoff probes bungled: Report

The official at the Securities and Exchange Commission who later would marry Bernard Madoff's niece told investigators this year that if he had carefully reviewed a complaint about the disgraced financier's business, he would have investigated more deeply, a new report shows. The 477-page document, released Friday evening, paints in excruciating detail how the SEC probes of Madoff were bungled over 16 years. **THE ASSOCIATED PRESS**

Tech fans awaiting fresh Apple products

Once again, it's time to peer into Apple Inc. CEO Steve Jobs' cup and try to read the tea leaves.

Apple, as usual, has said almost nothing about the new products it plans to unveil at an invitation-only affair tomorrow in San Francisco. Bloggers and Apple fans have filled the vacuum with "leaks," rumours and wish-list items that,

while often far-fetched, can't completely be ignored. Sometimes, a bit of truth shines through.

In recent years, the California-based company has used its September event to unveil new iPods, which have grown smaller, sleeker and more powerful with each new generation.

This year's event is along the same lines, if Apple's

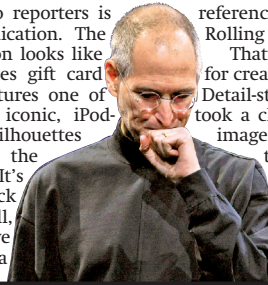
email to reporters is any indication. The invitation looks like an iTunes gift card and features one of Apple's iconic, iPod-toting silhouettes and the words, "It's only rock and roll, but we like it," a

reference to a 1970s Rolling Stones song.

That still left room for creative speculation. Detail-starved bloggers took a close look at the image and noted that the headphones jack into the large-ish iPod

at the bottom — making it an iPod Touch, not an iPod classic. The observation has added weight to one rumour that Apple could discontinue the classic.

Apple watchers are also looking out for the ninth incarnation of iTunes. One of the more solid predictions is that Apple will be packaging digital albums with videos, liner notes



Apple CEO Steve Jobs

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and album art that could be viewed in iTunes

THE ASSOCIATED PRESS

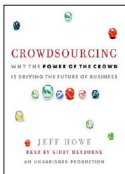
Business taps into power of numbers

Crowdsourcing

Author: Jeff Howe

Publisher: Crown Business

Price: \$32



REVIEW Imagine you could run a business that allowed you to be creative and have great work-life balance, and all the nitty-gritty work gets done by thousands of other people. Doesn't sound any different from your regular CEO gig, does it?

How about the part where you are the only one collecting a paycheck ... and no, I'm not talking about slavery.

Jeff Howe, the author of *Crowdsourcing*, examines this change in how businesses operate and generate new ideas. Howe argues that by using crowds, often online communities, businesses are able to create a higher level of engagement with their customers.

Using examples such as how Threadless.com came to be the T-shirt juggernaut of the world wide web, or how iStockphoto overtook Getty Images in the stock photo game, Howe paints an impressive picture of why companies like Procter & Gamble are starting to take notice of the power of crowds.

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Craig Lund, a director with the staffing firm Marketers on Demand, can be reached at craig.lund@marketersondemand.com

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OPEC likely won't cut targets: Analysts

ENERGY With oil prices about where OPEC wants them and a modest economic upturn in the offing, the oil cartel isn't likely to tighten the taps when its leaders meet this week in Vienna.

Prices have been hovering near \$70 US a barrel, and with returning growth expected to support demand, analysts don't expect the Organization of Petroleum Exporting Countries will feel any need to cut output targets.

"Absolutely nothing," said John Hall, of John Hall Associates in London.

OPEC President Jose

"Unless Saudi says 'We're going to cut by a million barrels a day,' nothing's going to happen."

Analyst John Hall on this week's OPEC meeting

Botelho de Vasconcelos, who is also Angola's oil minister, said last week that signs of recovery suggest the 12-member group won't need to intervene. "Everything shows they will keep output unchanged," he said.

Kuwait also says it thinks oil prices are stable and there's no need to cut production, even though stockpiles are rising. Alge-

ria, Kuwait, Libya, Qatar and the United Arab Emirates have signalled they're happy with the current output quota of just under 25 million barrels a day.

Saudi Arabia, OPEC's No. 1 producer and most influential member, has said \$75 a barrel is a fair price for both consumers and producers — a level that would allow for continued

investments in the oil sector without undermining efforts at global economic recovery.

"Unless Saudi says, 'We're going to cut by a million barrels a day,' nothing's going to happen" at Wednesday's meeting, Hall said.

Benchmark crude for October delivery climbed to near \$69 US a barrel yesterday on the New York Mercantile Exchange. Over the past six weeks, it has fluctuated in the \$65-\$75 range amid conflicting signs of economic recovery.

THE ASSOCIATED PRESS

Investors buy B.C. TV station from CanWest

MEDIA CanWest Global Communications Corp. says a group of private investors has bought the Victoria-based local TV station it was planning to shut down.

The Winnipeg-based company said Friday that the investors group paid a "nominal purchase price" for CHEK-TV, one of British Columbia's oldest stations, but wouldn't disclose the exact price tag. CanWest had planned to close the station last Monday, saying that it has been a money-loser since it purchased it in 2000.

However, the company extended programming this week as it worked out the deal.

John Pollard, the station's general manager, said the deal was put together in just four days after talks broke off last week. He wouldn't comment on the price paid for the station, but said part of the transaction deals with control room services.

THE CANADIAN PRESS

Business in brief

BOOKS Internet search leader Google Inc. said yesterday it is making concessions to European publishers to try and soothe worries over its Google Books project, which aims to put many hard-to-find books online. Google's digital library has raised hackles among Internet rivals such as Microsoft, Yahoo and Amazon. **CANDY** Kraft Foods Inc. yesterday proposed a 10.2 billion pound (\$16.7 billion US) takeover of Cadbury PLC, but the offer was immediately rejected by the British candy maker. **THE ASSOCIATED PRESS**

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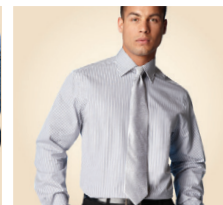
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Car Insurance Roadblock

Consumers concerned insurers don't want drivers with tickets or accidents



Worried Your Spotted Driving Record Means You've Got Nowhere To Turn For Car Insurance?

Don't be. While it's true that, all things being equal, your tickets and accidents make you a more expensive risk to insure than a similar car and driver with a clean driving record, that doesn't mean you should have trouble finding insurance – assuming you know where to look. Different insurance companies target different types of business and this is reflected in things like their claims service, marketing efforts, discounts, and most importantly for you, their rates.

Should I Just Accept That I'll Have To Pay A Bundle?

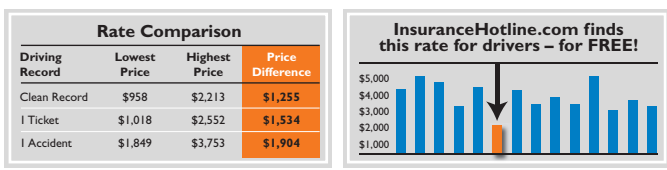
No. Sadly, this is a mistake many drivers make and it can be a costly one, especially if they don't bother to shop around for the lowest rate available. The key to finding the best rate, especially if you have tickets or accidents on your driving record, is to figure out which insurance company of the more than 20 in Alberta has the best rate for your particular situation. And with rates varying so wildly across companies, chances are you are not with the company that has the lowest rate for your profile right now.

Don't Be Fooled By Others Offering "Comparative Quotes".

Most websites offering "comparative insurance quotes" are owned by or affiliated with insurance brokers or agents and are therefore only capable of quoting rates from the limited number of insurance companies they represent, typically no more than 4 or 5. By contrast, InsuranceHotline.com does not sell insurance, is not a licensed broker or agent, and is not owned in whole or in part by an insurance company, agent or brokerage. This allows InsuranceHotline.com to be completely unbiased when providing insurance quotes and keeps its focus solely on finding the lowest insurance rates for consumers – by getting you quotes from more than 20 insurance companies, and not just 4 or 5.

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14 business

Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

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Your wallet can help to lose weight

AlisonOnMoney

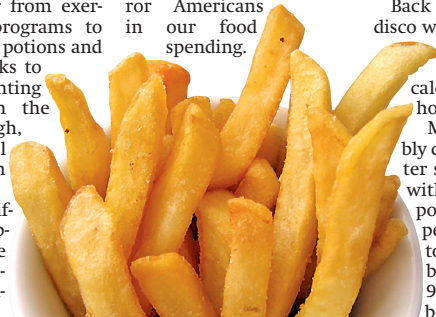
Alison Griffiths

metronews.ca/alisononmoney

The diet industry is a perennial money maker from exercise programs to magic potions and from diet books to calorie counting counselors. In the end, though, pretty much all of it centres on food.

Here's a different approach. Lose weight by focusing on mon-

ey. A recent fascinating article in ethicurian.com by Marc R., aka Mental Masala (forgive him, he's a food writer), points out that according to the U.S. Government Accountability Office, per capita spending on food rose by 16 per cent between 1982 and 2007. Canadian data is less revealing but we tend to mirror Americans in our food spending.



Most of the increase noted comes from food consumed away from home. We all sense that every bite of takeout and restaurant food delivers a much higher caloric wallop than what you prepare yourself. Add to that the huge escalation in the frequency of eating out and the problem for dieters is clear.

Back in the 1970s, when disco was still cool, Americans consumed 18 per cent of total calories away from home.

Mental, who probably calls himself that after spending too much with government reports, estimates the percentage had risen to nearly 50 per cent by the end of the 90s. I'm willing to bet the figure is even higher today.

Obviously, eating out takes a bigger chunk out of your wallet than food consumed at home, though you do get a lot more caloric bang for your buck. If the aim was to get more (calories) for your money this would be fine. But if you are trying to lose weight, well, you get the picture.

So here's the money-focused weight loss solution. Restrict the amount of money you spend eating out, especially on calorie laden takeout, and you'll be lean and mean in no time. Set aside an amount in cash every week or every paycheck and once it's gone, your dining out is done.

You'll save money and cut calories at the same time — now that's a diet!

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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Your Money

Investing in timeshares not for profit

Q My wife and I recently returned from a vacation. We got great tans and are the proud owners of a timeshare in Mexico. Initially, my wife was

against the idea but I convinced her of the investment side of owning. In less than five vacations we would spend the equal cost of owning. What are average returns in this in-

dustry?

— Thomas

A Individuals should never purchase a timeshare as an investment. I should howev-

er, clarify this as, never purchase a timeshare with the intent of selling at a higher price. There are many things that can be considered investments.

Purchases can generally

be divided into two categories. Assets that appreciate and those that do not. Assets that appreciate would be real estate, stocks, art etc. Assets that depreciate would be auto-

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

mobiles, televisions, etc. Although both offer some sense of satisfaction, depreciating assets seem to give more emotional satisfaction. I have yet to hear of a timeshare that has increased over time. That in itself does not make a timeshare a poor purchase. If your purchase was for enjoyment, then a timeshare can make good sense.

Henry Choo Chong, CGA, can be reached at choochonghcg@yahoo.ca.

Planning for Power of Attorney

DOCUMENT We have all heard the term Power of Attorney, but what is it exactly? A Power of Attorney is a legal document that gives someone else the power to act on your behalf. This person is called your "attorney," though he or she may not be a lawyer.

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What powers will my attorney have? Unless you limit your attorney's authority they can do anything with your property that you could do, except make a Will or assign a new Power of Attorney on your behalf. Your attorney can act regarding banking, signing cheques, buying or selling real estate, and buying consumer goods.

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By the numbers

According to an RBC poll, 35 per cent of returning college and university students and 43 per cent of new students feel that they can only stretch their spending money as far as the Christmas break. **NEWS CANADA**

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Student Cents



Find options

Some students might opt to take on additional job hours, cut their course load, and take an extra semester to control their finances. Other students feel they can take on a little more debt. **NEWS CANADA**

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Have fun, on a budget

RAFAEL BRUSILOV
for Metro Canada

Even bookworms need to have fun sometimes, but there's just one problem for most entertainment-starved students: lack of cash.

Fear not, for while your personal finances might elicit a poorly disguised giggle from the bank teller, you can still have plenty of fun for a dime with these tips below.

Bag it 'n' bring it

Picnics are killer for social fun and they're cheap as all heck, plus you can do them just about anywhere. Head to the park with friends and a guitar for a

midday soiree, or camp out in your college quad for some after-class fun with snacks and bevies. Great for a romantic option on the cheap too.

The play's the thing

Live theatre can be quite cheap for students, with tickets often going for half the price of regular seats. Check out your campus theatre especially — you can often find some good shows for about \$5-\$8. Students in Ottawa and Calgary take note: the National Arts Centre offers unsold tickets to professional shows for \$11 to students. In Toronto, hip-TIX offers performing arts tickets for \$5 to students as well.



To save money, why not get your friends together for a DVD night? Rentals are cheap, and microwave popcorn costs next to nothing.

Cinema de couch

For some students, the DVD player can become like a second mother —

and for good reason. Rentals are cheap, or free if you borrow a disc from a friend, and a big TV can let

plenty of people watch. Theme nights can be a blast ('70s horror? Comedies starting with the letter 'A'? Schwarzenegger?) and microwave popcorn costs next to nothing.

Get active

Most campuses have rec centres that you've already paid for a membership to (remember all those brutal fees?) so get moving! Join an intramural team for active, social fun or get people together for a group workout. A scenic bike ride around town offers free travel and exploration too.

Chat it out

Round up some like-minded people for a regular coffee'n'chat session. Hip cof-

fee shops are usually in abundance around campus and even ultra-expensive coffee usually maxes out at about \$4, meaning you can debate vampire lore to your heart's content without having to spend much. Make it a weekly thing and switch topics regularly to keep things fresh.

Volunteer

Not only is volunteering a great experience, it costs you only time and you'll often get fed for free. It's also a much underrated date option if you volunteer together — you'll get to know each other's real personalities a lot quicker when you're interacting with people in a helping scenario.

Where to get good stuff — for free!

There is one universal price all students can agree on, and that price is FREE.

Free stuff is the holy grail of just about any student's financially challenged life and finding great giveaways is not necessarily as hard as you might think. Here are a few places you can look:

• **Craigslist.org.** Yes, there is a "Free" section on this now-ubiquitous site, which has branches in dozens of Canadian cities and yes, people who

post here really are giving their used stuff away for nothing. Furniture tops the list of worthwhile items that you can often get for free, but books and appliances are popular giveaways too. An example of some recent giveaways in the Toronto area: 50" rear-projection TV, and a set of bookcases.

• **RedFlagDeals.com.** A popular site that screens free online offers to make sure they are legit. Just about anything might pop up here, but keep in mind

that for most free offerings, you'll be expected to sign up to a site or fill out a survey (usually mentioned in the item's posting). An example of some recent giveaways: a Vancouver Canucks fan pack, and an IT certification study guide.

• **Totallyfreestuff.com.** Solid site that offers plenty of vetted Canadian deals. Similar situation to RedFlagDeals with signing up/survey-filling. Example of recent freebies: teeth whitening package, and a free

MP3 download of your choice from Amazon.com.

• **Canadianfreestuff.com.** Smaller list of free postings, but it has a huge forum where freebie-seekers trade tips, tricks and freebie leads they have already vetted themselves. Great user-written guides on hunting free stuff too. Recent forum postings: free Quaker Oats granola bars, and a free vegan starter kit.

— RAFAEL BRUSILOV
/FOR METRO CANADA



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¹ No monthly fee. 25 free debit transactions a month and a no annual fee credit card. Unlimited refers to the RBC No Limit Banking for Students® account which provides unlimited monthly debit transactions. For full product details visit www.rbc.com/student.
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The Pittsburgh Pirates set a new record in futility yesterday. Their 4-2 loss to the Chicago Cubs guaranteed the team's record-breaking 17th straight losing season. Only the Phillies (1933-48) have had as many as 16 losing seasons in a row. **METRO NEWS SERVICES**

Sports

EDITOR: CHRIS.CLEMENTS@METRONews.CA

Another day, another upset for Oudin

U.S. OPEN Forget about forehands and backhands. Melanie Oudin's biggest weapon is her heart.

The 17-year-old sparkplug from Georgia proved it again yesterday at the U.S. Open, extending her remarkable run to the quarter-finals

with another come-from-behind victory, 1-6, 7-6 (2), 6-3 over 13th-seeded Nadia Petrova.



Melanie Oudin

Oudin staved off two points that would have put her behind 5-3 in the second set, then rolled through the third, hitting corners with those underrated groundstrokes and taking advantage of 22 unforced errors by her more-seasoned, higher-ranked opponent.

Rankings, like her age, however, are only numbers.

The 70th-ranked player already had comeback wins over No. 4 Elena Dementieva and No. 22 Maria Sharapova.

THE ASSOCIATED PRESS

Balsillie boosts bid for Coyotes

NHL Jim Balsillie is upping his efforts to bring the Phoenix Coyotes to Hamilton.

The co-CEO of Research in Motion has increased his bid for the NHL club to as much as \$242.5 million US, according to documents filed by Balsillie's lawyers in an Arizona bankruptcy court last night.

Balsillie had been offering \$212.5 million since the team was placed in Chapter 11 bankruptcy back in May.

The change is intended to address concerns raised in court by unsecured creditors and could see the City of Glendale — where the Coyotes play their home games — receive an additional \$50 million. That money is intended to release the team from its 30-year lease for Jobing.com Arena.

In court filings, Balsillie's lawyers acknowledge that Glendale would suffer "significant damages" if the team is allowed to move, but argue that the city would be better off with his offer than the one put forward by the NHL.

Balsillie's amended purchase agreement guarantees that Glendale would receive \$40 million as part of the purchase, provided it is willing to allow the team to continue using the arena "briefly while relocation is implemented." The exact amount paid to the city is contingent on any relocation fees that might be given to the NHL, but could not fall below \$40 million.

Balsillie's new offer also extends the court's deadline to accept the sale from Sept. 14 to Sept. 21.

THE CANADIAN PRESS

Stricker wins to climb past Woods

GOLF Steve Stricker delivered back-to-back birdies to cap off a wild Labour Day finish and win the Deutsche Bank Championship yesterday, moving past Tiger Woods to the top of the FedEx Cup standings.

Stricker rolled in a 15-foot birdie on the 17th hole, then hit a delicate chip to tap-in range on the par-5 18th for a 4-under 67 one-shot victory over Jason Dufner and Scott Verplank.

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Throwing to the Lions

Matt Stafford, left, has won the Detroit Lions' starting quarterback job. Lions coach Jim Schwartz told his team yesterday morning that the No. 1 overall pick in April's draft would start Sunday's game against the New Orleans Saints. The Lions are coming off the first 0-16 season in NFL history.

THE ASSOCIATED PRESS



Edmonton Eskimo Mark Restelli tries to strip the ball from Calgary Stampeders Joffrey Reynolds during first-half CFL action in Calgary last night. The Stamps won 32-8.

Stamps stay hot

Win fourth straight to grab share of first

The Calgary Stampeders grabbed a share of first place in the CFL's West Division with a 32-8 win over the visiting Edmonton Eskimos in yesterday's Labour Day Classic.

Calgary, Edmonton and the Saskatchewan Roughriders, who were 29-14 winners over Winnipeg on Sunday, were bunched 5-4 atop the West.

After losing back-to-back games to open the season, the Stampeders have won four in a row and five of their last seven.

With 5,000 seats already added to McMahon Stadium for the Grey Cup on Nov. 29, the sellout crowd of 40,729 made for the largest crowd in Labour Day history on a sunny,

Catching up

• Edmonton still holds a 24-19-1 record in the Labour Day tilts against Calgary.

breezy day in Calgary.

McMahon will expand another 10,300 seats for the CFL's championship game, but they've already been spoken for as the Stampeders announced yesterday the Grey Cup had sold out.

Joffrey Reynolds, Jon Cornish and Jermaine Copeland scored touchdowns and Sandro DeAngelis contributed field goals from 10, 22 and 44 yards for the Stampeders. Calgary quarterback

Henry Burris completed 19 of 27 passes for 285 yards and one touchdown and was intercepted once.

Edmonton's Ricky Ray was 27-for-39 for 274 yards and one touchdown pass.

Maurice Mann scored Edmonton's lone touchdown late in the fourth quarter on a seven-yard reception.

Reynolds finished with 116 yards on 21 carries and one touchdown.

THE CANADIAN PRESS

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Sports in brief

FOOTBALL Cleveland Browns coach Eric Mangini has decided on his starting quarterback, and he's keeping it a secret as long as he can. Mangini

declined to name his starter for Sunday's season opener against the Minnesota Vikings.

GOLF Suzann Pettersen is back in the winner's circle in a big

way, capturing the CN Canadian Women's Open Sunday for her first LPGA Tour victory in almost two years.

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Julia tops the charts

Mastering the Art of French Cooking, Volume I by Julia Child was the best selling cookbook at Amazon.ca last week. Julie and Julia: My Year of Cooking Dangerously by Julie Powell came in second place. **METRO NEWS SERVICES**



Food

When it comes to cooking locally produced foods, keep your recipes simple to allow the fresh and natural flavours to come through, says chef Chris Venhuis.

THE CANADIAN PRESS



Just ask

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EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

Warm chicken salad and a crisp

Warm Spanish Chicken Salad

PREP TIME: 10 MINUTES
COOK TIME: 35 MINUTES
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INGREDIENTS:

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- 1/2 tsp (2 ml) paprika
- 1/4 tsp (1 ml) each salt and pepper
- 1 each sweet red and green pepper, cut into 2 cm-wide strips
- 6 cups (1.5 l) loosely packed mixed baby salad greens
- 1/2 cup (125 ml) thinly sliced sweet onion
- 1/3 cup (75 ml) quartered pimiento-stuffed green olives
- 1/4 cup (50 ml) each toasted slivered almonds and crumbled feta cheese
- SHERRY VINAIGRETTE:**
- 2 tbsp (25 ml) extra-virgin olive oil
- 1 tbsp (15 ml) sherry vinegar or red wine vinegar
- 1/2 tsp (2 ml) Dijon mustard
- Pinch each salt, pepper and granulated sugar



Warm Spanish Chicken Salad

METHOD:

In bowl, toss together chicken, oil, paprika, salt and pepper; transfer to foil-lined baking sheet. Add red and green peppers; bake in 375°F (190°C) oven until peppers are tender and chicken is no longer pink inside, about 35 minutes. Let chicken cool enough to handle; thinly slice crosswise.

In large bowl, combine salad greens, onion, olives, almonds, chicken and peppers.

SHERRY VINAIGRETTE:

In small bowl, whisk together oil, vinegar, mus-

tard, salt, pepper and sugar; pour over salad and toss to coat. Sprinkle with feta cheese.

Pear Apple Crisp

PREP TIME: 12 MINUTES
COOK TIME: 1 HOUR
MAKES 6 SERVINGS

INGREDIENTS:

- 6 cups (1.5 l) chopped cored peeled pears
- 2 cups (500 ml) chopped cored peeled apples
- 2 tbsp (25 ml) all-purpose flour
- 2 tbsp (25 ml) packed brown sugar
- 2 tbsp (25 ml) lemon



Pear Apple Crisp

juice

- 1/4 tsp (1 ml) cinnamon
- TOPPING:**
- 1 cup (250 ml) quick-cooking rolled oats (not instant)
- 1/2 cup (125 ml) packed brown sugar
- 1/3 cup (75 ml) all-purpose flour
- Pinch ground nutmeg
- 1/3 cup (75 ml) salted butter, melted

METHOD:

In bowl, toss together pears, apples, flour, sugar, lemon juice and cinnamon until combined; spread in 8-inch (2 l) square glass baking dish. Set aside.

TOPPING: In small bowl,

whisk together oats, sugar, flour and nutmeg; drizzle with butter, tossing with fork until crumbly. Sprinkle over pear mixture. Bake in 350°F (180°C) oven until pears are tender and topping is golden and crisp, about 1 hour.



online

For more Tested-Till-Perfect recipes, visit canadianliving.com

Editor's Note

- Starting this Thursday, Metro is launching Urban Foodie, a column that reviews Calgary's best dining spots.

m.metronews.ca



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Before summer turns to go

We all look forward to sunny weather when we can finally shake out the picnic blanket, set the barbecue a-blaze or enjoy a late supper under the stars — and we all miss it when it's gone.

Lazy Days and Beach Blankets celebrates the joy of eating alfresco with friends and provides inspiration with evocative images of barbecue scenes and tables beautifully set for dinner in the balmy night air. Metro picked up this delightfully light meal from Lazy Days and Beach Blankets (Ryland Peters & Small, \$34.95, 2009; rylandpeters.com):

Chicken Panini with Roasted Bell Pepper and Arugula Aioli

SERVES 4

INGREDIENTS:

- 2 red bell peppers, left whole
- 4 small focaccia or Turk-

ish rolls, halved

- 2 large, cooked chicken breasts, shredded
- a small handful of baby spinach

Arugula aioli:

- 1 egg yolk
- 1 tsp white wine vinegar
- a bunch of arugula, about 2 oz., coarsely chopped
- 1 garlic clove, crushed
- 2/3 cup olive oil
- sea salt and freshly ground black pepper

METHOD:

Preheat the grill, then cook the bell peppers over hot coals or under a preheated broiler for about 20 minutes until charred all over. Put into a plastic bag and let cool. Peel off the skin and discard the seeds, then cut the flesh into strips.

To make the aioli, put the egg yolk, vinegar, and a little salt and pepper into a food processor and blend briefly until frothy. Add

the arugula and garlic and pulse for 30 seconds. With the machine still running, gradually pour in the olive oil until the sauce is thickened and speckled with vivid green. Taste and adjust the seasoning.

Spread a little of the arugula aioli onto the cut sides of each roll and fill the rolls with the chicken, pepper strips, and spinach leaves. Press the halves together.

Preheat the flat plate on the grill and cook the panini over low heat for 4-5 minutes, then, using tongs, flip over and cook the other side for a further 5 minutes until toasted. If you don't have a flat plate, cook on a cast-iron griddle, either on the grill, or on the stove. Serve hot.



Chicken Panini and Orange and Lemon Bake, both recipes from Lazy Days and Beach Blankets (Ryland Peters & Small.)

Orange and Lemon Bake with Minted Yogurt

SERVES 8

INGREDIENTS:

- 4 eggs
- 1/2 cup sugar
- 1 1/4 cups dried unsweetened shredded coconut
- 4 tablespoons unsalted butter, softened
- 1 cup ground almonds
- grated zest and freshly squeezed juice of 2 unwaxed lemons
- grated zest and juice of 2 oranges
- 1/2 cup milk
- 1/3 cup self-rising flour
- Minted yogurt:**
- 1 cup plain yogurt
- a bunch of mint, finely chopped

- a cake pan, 8 inches in diameter, buttered

METHOD:

Preheat the oven to 350 F.

Put the eggs, sugar, coconut, butter, ground almonds, lemon and orange zest and juice, milk, and flour into a food processor and process for 1 minute until blended. Transfer the mixture to the buttered pan and bake in the preheated oven for 45 minutes until golden brown. Remove from the oven and let cool.

Put the yogurt into a bowl and add the mint. Mix well and serve spooned over the bake.

Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

The White Zin

Thankfully school is over for me but I still hate September. It's the way we all draw a line at the Labour Day weekend.

On one side we can revel in all things summer; on the other the outdoor furniture comes in, the white pants wind up at the back of the closet and rosé wines are bid adios for another year.

While I can live with most of the seasonal changes I'm here to tell you that pink wines — especially the White Zinfandel — aren't just for warm weather any more. Long maligned as a marketing ploy aimed at unsophisticated drinkers, the White Zin has remained as simple and straight forward as it was when Californian winemakers first developed it in the 1970s.

Sutter Home's 2008 White Zinfandel (\$7.99 - \$9.97) is the original and its soft, berry sweetness remains the benchmark. Equally as fruity, **Beringer Vineyards' 2008 California Collection White Zinfandel (\$9.90 - \$11.99)** has a slight drier edge.

Though these style of blush wines aren't very complicated they match surprisingly well with most meals — particularly those big holiday spreads that you'll soon be preparing — and appeal to wide variety of palates no matter what the temperature outside.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

New season, new plan

September is a great time to get serious about fitness

CELIA MILNE
For Metro Canada



Phew! Now that the kids are back at school and the end-of-summer chaos is over, it's time for your fall routine to settle in. For optimal health, that routine should include outdoor exercise.

September is a great time to get serious about fitness, says Sandra Banks, a certified personal trainer in Vancouver.

"As the summer barbecues and patio parties wrap up, there are fewer distractions and fewer temptations. The cooler

weather also makes outdoor exercise more pleasant."

As a bootcamp instructor, Banks often gets new clients out to her class in the fall. It's a time of great beginnings. If you are keen to start an exercise program, but are worried about motivation, here are some tips from Banks:

- Put it in writing: If you write it on your calendar and make it part of your regular schedule, you are less likely to skip out on a workout just because you're feeling a little tired.

- Try something new: Take a chance and sign up for something you've never



Try something new with your fitness routine like rollerblading or join an ultimate frisbee league.

tried before. For example, you could join an ultimate frisbee league or take rollerblading lessons. You'll be so busy learning new

skills that you'll forget that you're doing exercise!

- Power in numbers: Sign up for a bootcamp or join a run/walk clinic. Or, better yet, recruit some friends and start your own outdoor exercise group. If you're meeting friends, you'll look forward to working out, and even if you've had a long day, you'll show up because you won't want to let them down.

Single women prefer attached men: Study

The J Spot

Josey Vogels

metronews.ca/thejspot

I've always had unwritten rules about who you should and shouldn't date. Friends' exes are out, for example. So is asking someone out when you know a girlfriend is already interested in him.

Hitting on a girlfriend's guy when they are already dating is definitely out.

In fact, in my books, hitting on any guy who's already attached or married even if you're not friends with his partner is a no-no. It's just bad karma.

But it seems karma is no match for biology. Ninety per cent of the single women in an Oklahoma State University study on "mate poaching" were more interested in dating a

man who was already in a relationship than a single man.

Past psychological studies have shown that some women may try to lure a man away from his current partner, a phenomenon known as "mate poaching." One 2004 study published in the *Journal of Personality and Social Psychology* suggested that as many as one in five long-term relationships began when one or both partners was already in a relationship with someone else.

But this new study, published in the current issue of the *Journal of Experimental Social Psychology*, shows that most single women actually prefer men who are already in a committed relationship.

Men and women were matched with students based on a description of their ideal romantic partner. When researchers described the women's match as single, 59 per cent of the single women in the study were interested in pursuing him. However, when they described the exact same man as being in a committed relationship, 90 per cent of the women were interested. Neither the men nor the already attached women who participated showed this preference.

Dr. Melissa Burkley, an assistant professor of social psychology at Oklahoma State University and one of the researchers behind the study, suggests that the reason behind this is that single women are more interested in pursuing unavailable men possibly because they are more interested in a guy who's already shown he can commit by being in another relationship, indicating he'd be a reliable mating partner.

Of course, the study doesn't show that, if you pursue the committed man and he goes for it, he's also clearly capable of breaking that commitment and cheating.

- Would you pursue someone you knew was already attached? Post your answers in the comments section of The J Spot column online at metronews.ca.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.



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Thurman, Busson to marry

Uma Thurman is set to marry her beau, Arpad Busson, with to a gala wedding at London's Kensington Palace sometime next June, according to the Daily Mail. **METRO NEWS SERVICES**

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Entertainment

**Royal couple**

There may be a new king and queen of hip hop. 50 Cent and Ciara have been dating for more than two years and are now looking to make it official, according to blog All Hip Hop.

METRO WORLD NEWS

EDITOR: DEAN.LISK@METRONWS.CA

Cold one for Kate Beckinsale

NED EHRBAR
Metro World News



FEATURE Kate Beckinsale has done quite a lot on screen. She's battled fellow vampires in the Underworld films, worked triage while bombs fell in Pearl Harbor and put up with Adam Sandler in Click.

But one thing she hasn't done in quite some time is use her real accent. "I'd like to play a character that is English. Maybe something a bit more classical," she says.

Well, she'll have to wait a little bit longer. In her latest film, *Whiteout*, Beckinsale fakes an American accent again, this time to play U.S. Marshal Carrie Stetko, stationed in Antarc-

tica and charged with investigating the continent's first murder just days before her post shuts down for the daylight-free winter.

Though she's had her share of intense sets, Beckinsale was taken aback by this film's extreme working environment. (Manitoba sat in for Antarctica for exterior shots.)

"It was a lot more intense, really, because we were all worried we were going to die of hypothermia any second," she says. Not that they weren't prepared.

"When we arrived, they put a small telephone directory under our doors the night before we started shooting saying, 'These are all the different ways it's

possible to die here.' Being too cold, or being too hot if you keep your clothes on for too long when you go inside. Or if you've ever had an alcoholic drink, or if you breathe in a westerly direction, you're going to die."

Beckinsale admits she underestimated the conditions. "I thought, being from England, I know how to handle the cold. But it wasn't anything like that," she says, though the Canadian shooting only lasted a couple of weeks before the production headed indoors.

"I try and make it out



Kate Beckinsale stars in the thriller *Whiteout*, which was partially shot in Manitoba.

**Whiteout
opens in
theatres
Friday**

like we shot in the cold for a lot longer than we did because it makes me sound a bit more tough,"

she says.

Aside from wanting to speak in her native accent, Beckinsale has other work aspirations after a few

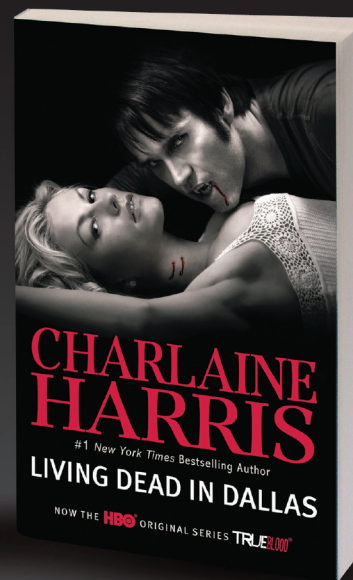
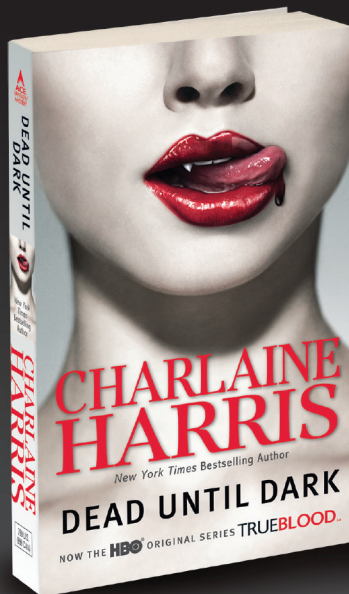
years of action, drama and suspense. "I'd like to do some comedy," she says. "That's what I'd really like to do."

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DVD picks

Sugar

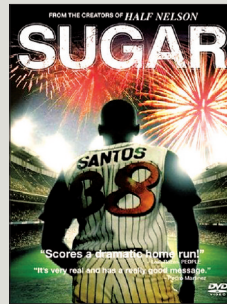
Director: Anna Boden, Ryan Fleck

MOST PEOPLE, NON-FANS included, believe that the Dominican Republic is an island baseball haven, with limitless raw talent available for the price of a plane ticket. The assumption has some factual basis — there's an abundance of DR players in the major leagues —, but the reality is far more Darwinian.

Then there's the hoary adage, "It doesn't matter whether you win or lose, it's how you play the game." This, too, doesn't always bear up to the rough scrutiny of a game where winning is everything, and where often, in the case of injuries, your real character is exhibited in how you cope with not playing.

These are the sour lessons in *Sugar* for Miguel "Sugar" Santos (Algenis Pérez Soto), a cocky kid from San Pedro de Macoris who, at the age of 19, attracts the interest of big-time scouts for his powerful knuckle curveball.

A star at home, his nickname is for his love of



desserts (although he claims it's for his way with the ladies). He heads to spring training in Arizona with dreams of milk and honey.

Sugar quickly learns there's much more to the game than smoking a hot pitch across the plate. Algenis Pérez Soto delivers an affecting and empathetic performance in the title role.

Written and directed by the Half Nelson team of Anna Boden and Ryan Fleck, *Sugar* is a departure from movies of its kind in quietly observing that life is often a series of base hits rather than grand-slam homers. The film has few moments of high dra-

ma and the games played matter only in how they shape Soto's character.

Extras include deleted scenes, featurettes and interviews with baseball players David Ortiz, Pedro Martinez and Sammy Sosa.

Sin Nombre

Director: Cary Joji Fukunaga

SIN NOMBRE TRANSLATES as "without name." In this drama of fugitive immigrants and gang violence along the U.S.-Mexico frontier, it refers to the characters' anonymous and unwanted status in the U.S., the promised land for many Latin Americans.

Getting stateside requires a combination of stealth and guile for anyone lacking the cash and connections.

Character motivations are complicated and completely understandable. Among the film's many revelations is a cast of talented unknowns who stand to become much better known in years to come — which makes the "no name" title seem ironic.

A train drama that is



usually the stuff of Bond film fantasy or cheap CGI trickery is rendered with documentary veracity by Adriano Goldman's award-winning camera work, which, like the action, never lets up.

The harsh realities of *Sin Nombre* could be pulled straight from today's headlines. The real source, though, is the heart and mind of writer/director Cary Fukunaga, who exhibits technical skills and life insights not often found in rookie filmmakers.

Extras include deleted scenes and a commentary by Fukunaga and producer Amy Kaufman.

Peter Howell/for Metro Canada

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
9/8/09	267	351	- ACCESS	Alberta Primetime		America's Got Talent	America's Got Talent (HDTV) Semifinalists perform.		Flashpoint (DVS)		Primetime
	243	317	3 CFCN	etalk	Hollywood	So You Think You Can Dance Canada Top 16 (N)			The Simpsons	King	CTV News
	-	-	4 OMNI	TwoHalf Men	The Simpsons	Omni News: S. Asian Edition			Shaq Vs. (HDTV) (N)		Metropia
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)		CBC News: The National		Primetime
	245	306	6 CBRT	Wheel-Fortune	Jeopardy!	Rick Mercer	22 Minutes		(10:01) Big Brother 11		The Hour
	244	338	7 CICT	ET Canada	Entertainment	Bones (HDTV PA)			More to Love (N)		News Hour
	246	-	8 CKAL	Law & Order: SVU	Murdoch Mysteries	Hell's Kitchen (PA) (N)			Your City		Your City
	119	705	9 CBFT	Virginie (SC)	La Fature (N)	Providence (N) (SC)			Le Téléjournal Nouvelles (SC)		TJ Alberta
	-	-	10 SHAW	(6) Local Programming					Local Programming		
	-	372	12 KREM	News	Hollywood	The Doctors (N)			(10:01) Big Brother 11		The Mentalist
news	243	317	4 KSPS	NewsHour With Jim Lehrer		Nova (HDTV) (DVS)			Wild! (DVS)		Yellowstone
	502	390	15 CBC	CBC News: The National		School of Secrets			CBC News: The National		School
	-	370	16 KHO	News (N)	Be-Millionaire	Jeopardy!	Wheel-Fortune		America's Got Talent (HDTV)		News
	-	373	22 KAYU	The Simpsons	Raymond	TwoHalf Men	TwoHalf Men		More to Love (N)		News
	297	652	37 WPIX	Melrose Place Pilot (N)		PIX News at Ten Tong.			Sex and City	According-Jim	Frasier
	500	500	29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV)			Larry King Live		Cooper 360
	508	402	31 CNN2	Jane Velez-Mitchell		Nancy Grace			Jane Velez-Mitchell		Nancy Grace
	400	400	21 TSN	Tennis: U.S. Open					Boxing Rumble at Rama IX (HDTV)		
	408	418	27 net	MLB Baseball		SportsNet Connected			SportsNet Connected		MMA Conn
	410	403	30 SCORE	X-Fighters		24/7	Score Now		Score Now		Score Now
sports	411	457	44 OLN	Survivorman		Ghost Hunters			Survivorman		Ghost Hunters
	417	406	48 SPEED	Super Bikes!	Super Bikes!	Jacked!	Jacked!		Monster Jam (HDTV)		Super Bikes!
	552	543	20 YTV	iCarly	iCarly	Drake & Josh	Prank Patrol		8 Simple Rules	What I Like	Family Biz
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	Han. Montana		Wizards-Place	Life Derek	Family Biz
	555	545	67 TOON	Jimmy Two	Johnny Test	Scooby-Doo	Total Drama		Futurama	King of the Hill	American Dad
	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith		Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Maggie-Beast	Babar	Zigby		Max & Ruby	Dragon (DVS)	Go, Diego, Go!
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One			EarthWatch Two		
	602	568	23 W	House-Sell	Style by Jury	Old Christine	Friends		Friends	Grocery Bag	Style by Jury
	521	560	24 TLC	18 Kids-Count	18 Kids-Count	Masters of Reception (N)			18 Kids-Count	18 Kids-Count	Jon & Kate
family	603	561	25 FOOD	Hell's Kitchen		Good Eats	Good Eats		Iron Chef America	Unwrapped	Hell's Kitchen
	615	520	26 A&E	The First 48 (HDTV) (N)		The Cleaner (HDTV) (N)			The Cleaner (HDTV)		The First 48
	617	522	38 SHOW	Trailer Park	Trailer Park	The Outer Limits			Storm Cell (2008, Drama) Mimi Rogers.		Bones
	601	562	33 SLICE	Wedding SOS	Wedding SOS	Bulging Brides	Bulging Brides		ET Canada	What Happen?	Average Joe:
	-	633	34 ENC2	(6:50) The Accidental Tourist *** (1988, Drama)		Misery *** (1990, Horror) James Caan, Kathy Bates.			Misery *** (1990, Horror) James Caan, Kathy Bates.		Deathtrap
	520	505	35 DISC	Destroyed	Destroyed	After the Catch (N)			Daily Planet		After the Catch
	620	523	36 BRAVO	Five Days in September: Rebirth		Song for Africa			Law & Order		Radio Days
	294	650	40 WPCF	Old School *** (2003, Comedy) Luke Wilson, Will Ferrell.		Seinfeld	Old School *** (2003, Comedy) Luke Wilson, Will Ferrell.		Old School *** (2003, Comedy) Luke Wilson, Will Ferrell.		House Party
	626	547	41 COM	Just for Laughs		Air Force	22 Minutes		Corner Gas	Name Is Earl	House Party
	-	539	42 TCM	(6) Five Fingers (1952)		The Shows of Kilimanjaro *** (1952, Adventure)			Beneath the 12-Mile Reef * (1953, Adventure)		Amazing Video
cable variety	628	584	43 SPIKE	UFC Unleashed (N)		Surviving Disaster 'Fire' (N)			CSI: Crime Scene Investgtn.		Engineering
	522	516	45 HIST	Ultimate Engineering		Ancient Discoveries			Cities of the Underworld		Trek: Voyager
	627	528	46 SPACE	Torchwood		Fringe			Stargate SG-1 (DVS)		Star Trek: Next Gener.
	-	-	47 AMC	(6) Stripes *** (1981, Comedy)		Major League *** (1989, Comedy) (HDTV) Tom Berenger, Charlie Sheen.			ET Canada	Switch	Family Guy
	619	525	49 TROP	Prod. Parker	Prod. Parker	70s Show	70s Show		The Outer Limits		Holmes on Homes
	600	564	50 HGTV	SarahCottage	Genevieve	House Hunters	House Hunters		SarahCottage	Genevieve	HGTV's Top 10
	501	391	52 CTV	CTV News Tonight		News	CTV News		News	CTV News	News
	504	508	70 BNN	Taking Stock		Market Call			Commodities	Business News	Taking Stock
	268	507	92 VIVA	The Closer 'Morn Duty'		Da Vinci's Inquest			Judging Amy		Missing
	526	503	93 APTN	Fish Out of Water	Mixed Blessing	Cashing In	Rabbit Fall		First Nation	Moose TV	Short Cuts (N)
cable variety	-	-	94 MCP	World News	News	Banquet	Kingdom-Wind		II Caffe		Schauplatz
	571	580	100 MMM	Wild 'n Out	Wild 'n Out	High School Reunion			The Daily Fix		H.S. Reunion
	570	580	101 MM	Starmaker		MuchNews	My Date With...		One Tree Hill		MuchNews
	581	566	102 MTV	House-Jazmin	Daddy's Girls	Daddy's Girls			MTV Live		Daddy's Girls
	-	-	116 TV5	Sur les pas de Jules Verne		Expression	Montre-moi		Journal TV5		French song
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critics'corner

Moose TV

No, it's not all shows about moose. Adam Beach stars in this half-hour drama as George Keesing, who returns to his tiny northern hometown of Moose and discovers an abandoned television studio. He brings it back to life, which brings big changes to the town as old secrets are revealed and old baggage is unpacked. 9:30 PM on APTN



Being Erica

You! Out of that box! And that shell, while you're at it! In this episode, Erica is feeling intimidated and inadequate in her new job at River Rock Publishing. She needs to get over her inhibitions and figure out that her skills aren't as limited as she thinks they are. Tyron Leitso and Michael Riley also star in "Erica the Vampire Slayer." 9 PM on CBT

NCIS

A security breach at the SecNav's residence during a secret meeting results in the death of an ICE agent, forcing Gibbs and his team to work with ICE and the FBI to find the killer. Tony finally comes face to face with Michael Rivkin (guest star Merik Tadros) in "Semper Fidelis." 9 PM on CICT KREM

Box office

Following are the top 10 films at the North American box office for the weekend beginning Sep. 4, according to studio estimates:

- The Final Destination:** \$15.4 million US
- IngLOURIOUS BASTERDS:** \$15 million
- All About Steve:** \$13.9 million
- Gamer:** \$11.2 million
- District 9** \$9 million
- Halloween 2:** \$7.1 million
- Julie & Julia:** \$7 million
- G.I. Joe: The Rise of Cobra:** \$6.7 million
- The Time Traveler's Wife:** \$5.4 million
- Extract:** \$5.3 million

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Kenya'sStyle

Kenya Hunt

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entertainment 25

A labour of love

Michael Moore dedicates new film to 'good people'

Michael Moore's says his film *Capitalism: A Love Story* is dedicated to "good people ... who've had their lives ruined by the quest for profit."

After many a successful debut at Cannes, Moore premiered the film yesterday in his first appearance at the Venice Film Festival. The movie was warmly received at a press showing Saturday evening and won positive reviews. Variety called it one of Moore's "best pics."

"I am personally affected by good people who struggle, who work hard and who've had their lives ruined by decisions that are made by people who do not have their best interest at heart, but who have the best interest of the bottom line, of the company, at heart," Moore told reporters.

The film features plenty of examples of lives shattered by corporate greed — but also some inspiring tales of workers who have rebelled.

According to Moore, "the revolt you think I am calling for has actually begun. It began Nov. 4," when President Barack Obama was elected.

There are the Chicago glass and window company whose employees barricaded themselves to demand their pay after management laid off all 250 employees when the bank line of credit dried up.

On the side of greed, Moore tells the story of a privately run Wilkes Barre, Pa.-based juvenile detention centre that paid off judges to lock up juvenile offenders. One boy said he had done little more than throw a piece of meat at his mother's boyfriend during a fight at the dinner table and a teenage girl's



Capitalism: A Love Story is the new film from director Michael Moore.

I am personally affected by good people who struggle, who work hard and who've had their lives ruined by decisions that are made by people who do not have their best interest at heart."

Michael Moore

offence was making fun of her school's vice principal on a Myspace page.

The film is filled with classic Moore gimmicks, like wrapping crime scene tape around landmark banks and Wall Street institutions. And there is the expected Moore grandstanding as he tries to make citi-

zens arrests of bank CEOs, not getting past the sometimes amused security guards at the main entrance. By now, everyone sees him coming and knows who he is.

Moore said he considered himself a proxy for the "millions of Americans who would like to be plac-

ing crime scene tape around Wall Street."

The filmmaker is optimistic that unimagined change can happen, citing the unexpected fall of the Berlin Wall in 1989, and Nelson Mandela's election as the president of South Africa after 27 years in prison for his anti-apartheid activism.

"There are many things that have happened in the last 20 years that are just utterly surprising, so that I now believe anything can happen. People can revolt in good ways."

THE ASSOCIATED PRESS

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metro

BIG COMEDY BIG LAUGHS

YJ BIG FUN WEEKNIGHTS

MON-THURS 8PM E/P

EVERYBODY HATES CHRIS
8:30PM E/P

8 SIMPLE RULES
FOR DATING MY TEENAGE DAUGHTER
9PM E/P

WHAT I LIKE ABOUT YOU
9:30PM E/P

MALCOLM IN THE MIDDLE
8PM E/P



Boyle outselling Beatles, Whitney

Susan Boyle fans are hitting amazon.com to rabidly pre-order Boyle's first CD, which will be released Nov. 24, and she's easily outselling Whitney Houston and the Beatles, Pop Watch reports. **METRO WORLD NEWS**

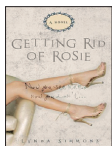
Town of brotherhood



Our Boys

Authors: Joe Drape
Publisher: Times Books
Price: \$32.00 (Hardcover)

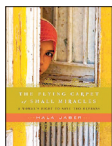
New York Times reporter Joe Drape ventured to Smith Center, Kan., expecting only to pen an article on the small town's highly successful high school football team, the Redmen. But taken by the team's rousing head coach Roger Barta, Drape relocated to the community to write a full novel on the team. What he found was a fostering culture that transcends football, the coach's encouragement and enthusiasm touching players' personal lives and futures. Through this intimate field study, Drape explores how a sports team is both a symbol of the collaborative power of a town.



Getting Rid of Rosie

Author: Lynda Simmons
Publisher: Berkeley Books
Price: \$17.50 (Paperback)

When Samantha Marcello's best friend stole her fiancé Michael nearly a decade ago, Sam never thought she'd hear from either again. So when Michael stumbles in to the Silver Swan — the pub Sam has tried to busy herself with over the years — she's shocked to learn Rosie died in a car accident and overcome by her nostalgic feelings for Michael. But Rosie won't disappear that easily, returning as a ghost, with whom only Sam can communicate. The past haunts her as Sam must reconcile Rosie and reconnect with Michael, all while maintaining the bar that's been her labour of love.



The Flying Carpet of Small Miracles

Author: Hala Jaber
Publisher: Viking Canada
Price: \$32.00 (Hardcover)

Hala Jaber finds the struggles in her private life intertwine with the vocation of her public one in her latest work. After trying unsuccessfully to conceive a child with her husband, the journalist couple relocate to Baghdad to report on the 2003 American invasion of Iraq. There, they find themselves honing in on the child victims of war, taking special notice of sisters Zahra and Hawra who are the sole survivors of a bombing that killed their family. Despite the children's serious physical and emotional injury, Jaber and her husband aim to save them, while raising awareness of the cost of combat on the young.

**BRIAN COULTON/
FOR METRO CANADA**

BookPicks

Charger accused in Tila incident

COURTS San Diego Chargers star outside linebacker Shawne Merriman was arrested Sunday and accused of choking and restraining his girlfriend, reality TV star Tila Tequila, as she tried to leave his suburban home.

Tequila, 27, signed a citizen's arrest warrant, charging Merriman with battery and false imprisonment, San Diego County Sheriff's Lt. Gary Steadman said. Both are felonies.

Deputies responded about 3:45 a.m. to Merriman's house in Poway, north of San Diego, after a woman called to say she was choked by the player and thrown to the ground when she tried to leave, Sheriff's Department spokesman Jan Caldwell said at a news conference.

Merriman's lawyer, Todd Macaluso, disputed Tequila's story and said he's confident Merriman won't be charged by the District Attorney's Office.

"There was absolutely no wrongdoing on the part of Mr. Merriman," Macaluso told The Associated Press by phone. "He essentially was doing what was appropriate under the circumstances in



San Diego Chargers linebacker Shawne Merriman has been accused of choking and restraining reality TV star Tila Tequila.



trying to protect the safety of Miss Tequila. There were numerous eyewitnesses that will support his version of the events that transpired at his home."

Merriman, 25, also said in a statement late Sunday that he was worried for the safety of Tila Tequila because she appeared to be intoxicated and he didn't want her to drive.

He says paramedics who were called to his home reported no injuries to Tequila.

Merriman was taken into custody and booked into the central jail at about 8:30 a.m. He was released shortly after 11 a.m.

Tequila was taken to a hospital. Her condition was not immediately available.

Caldwell said deputies determined Tequila had been drinking. Caldwell said she wasn't sure if Merriman had been drinking. Macaluso said witnesses he spoke with said Merriman had ordered water three or four times when his group was at a downtown San Diego club before going to his house.

Tequila, whose real name is Tila Nguyen, is best known for A Shot at Love with Tila Tequila, which ran for two seasons on MTV. **THE ASSOCIATED PRESS**

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Romance wraps up for Jen and Gerard?

Now that Jennifer Aniston has wrapped shooting on *The Bounty* with Gerard Butler, sources tell Page Six she's worried things will cool off now that the two are going their separate ways. The pair have denied a romance. **METRO WORLD NEWS**



Celebrity Buzz

Director Bay a tyrant: Fox

UNGRATEFUL? Megan Fox continues her parade of outrageous quotes about life in Hollywood, this time complaining about director Michael Bay, who made her famous with his Transformers films. "He's like Napoleon and he wants to create this insane, infamous mad-man reputation," Fox told *Wonderland* magazine. "He wants to be like Hitler on his sets, and he is. So he's a nightmare to work for." She even suggests he endangered the lives of her and co-star Shia LaBeouf. "Shia and I almost die when we make a Transformers movie. He has you do some really insane things that insurance would never let you do," she said. **METRO WORLD NEWS**



Madonna reconciling with brother?

TIME HEALS Madonna is making moves to reconcile with her brother, femalefirst.co.uk reports. The singer fell out with Christopher Ciccone over a tell-all book he wrote about the star, which alleged her then-husband Guy Ritchie was a homophobic and that Ritchie was to blame for the breakdown of Ciccone's relationship with his sister. Madonna was outraged with the publication of

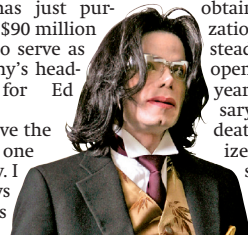
Life With My Sister Madonna last year, but is now making steps toward speaking with her brother again and has sent him tentative emails. A source told Britain's Sunday Mirror newspaper: "Madonna did it more for her family than for herself. Her feud with Chris was creating huge tension within the family so she decided to be the bigger person." "At one point Madonna wanted all the family to cut off Chris — but her father wasn't willing," the source added. "It's been a nightmare ever since. She's calmed down

about the book and had time to think." The source noted that Madonna's divorce from Guy last year has helped cool her attitude toward her brother. She was originally upset by claims in Ciccone's book that Ritchie once tried to intimidate him by driving dangerously close to him, and that his friends made homophobic remarks to him at Ritchie's stag party. **METRO NEWS SERVICES**



Neverland sold to designer

REAL ESTATE MOGUL Michael Jackson's beloved Neverland Ranch reportedly has a new owner. According to AFP, designer Christian Audigier has just purchased the \$90 million US estate to serve as his company's headquarters for Ed Hardy. "I can have the house in one month now. I get the keys two weeks from today," Audigier said in an interview. Though he'd originally planned to turn the ranch into a museum, he hasn't obtained the authorization to do so. Instead, Audigier will open the doors each year on the anniversary of Jackson's death and organize exhibits and shows. **METRO WORLD NEWS**



Jonas Bros on the move

ATTN: STALKERS The Jonas Brothers have upgraded their Texas digs, purchasing a six-bedroom, \$2.8-million US home in the Dallas suburb of Westlake, according to the Dallas Morning News. While the family spends most

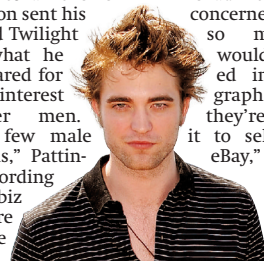
of its time in Los Angeles, they've kept a home in the Dallas area for years. New neighbours include former Dallas Cowboys quarterback Drew Bledsoe, major leaguer Mark Teixeira and former British Open champion Brian Watts. **METRO WORLD NEWS**



Robert's many male fans

NOT THE USUAL FANBASE Robert Pattinson has grown used to all the female attention sent his way by rabid Twilight fans, but what he wasn't prepared for was all the interest from other men. "There's a few male Twilight fans," Pattinson said, according to Showbiz Spy. "More and

guys ask me for autographs in fact." He admits he's a bit concerned as to why so many men would be interested in his autograph. "Unless they're only doing it to sell them on eBay," he muse. **METRO WORLD NEWS**



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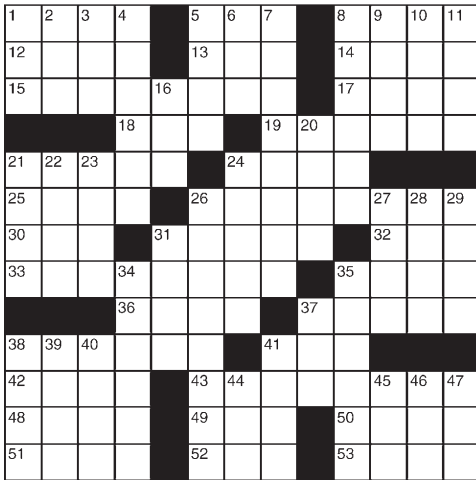


Today
Mostly cloudy
19°C / 7°C

Wednesday
Partly cloudy
19°C / 3°C

Thursday
Rainy
21°C / 6°C

Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



ACROSS

1 Philandering sort
5 — Khan
8 Tablespoonful, maybe
12 Right on the map?
13 Gist
14 State with conviction
15 Parentheses' kin
17 Vast
18 Chop
19 Beauty pageant adornments
21 Refuge
24 Proscribes
25 Yale students
26
Uncomplimentary remark
30 Scooted
31 Where the action is
32 Tramcar filler
33 Crashing waves
35 Tatters
36 Prejudice

37 Pack to the future?
38 Insist on
41 Anti
42 Grand story
43 Part of NYC
48 Lima's land
49 — "Town"
50 Stead
51 Unisex shirts
52 Deleted
53 Greek vowels

DOWN

1 CSA soldier
2 Rowing need
3 "Born in the —"
4 Engraves
5 From the top
6 Eviscerate
7 Doesn't vote
8 Upholstery fabric
9 Finished
10 Video-game name
11 Eventful periods
16 Trivia whiz
Jennings
20 Oldster from

48-Across
21 KFC additive
22 Winged
23 Tarzan's transport
24 Fox and Rabbit of literature
26 Size comparative, once
27 Sow's mate
28 Jason's ship
29 Criterion
31 Related
34 Erstwhile calculator
35 Irritate
37 Excessively
38 Subdivision (Abbr.)
39 Duel tool
40 Muck's partner
41 String
44 Regret
45 Set afire
46 Verily
47 Greek consonants

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



5	7	9	6	1	3	8	2	4
3	6	4	5	2	8	7	9	1
2	1	8	9	7	4	6	5	3
9	2	6	8	5	1	3	4	7
8	4	5	7	3	6	2	1	9
7	3	1	2	4	9	5	8	6
4	5	2	1	6	7	9	3	8
6	8	3	4	9	2	1	7	5
1	9	7	3	8	5	4	6	2

On the web

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Metro Recipe of the Day



Sweet and Smoky Chicken Legs

INGREDIENTS:

2 medium onions, sliced
3 lbs (1.4 kg) chicken legs
1 1/2 to 2 tsp (7 to 10 ml) hickory smoked salt
1/2 cup (125 ml) ketchup
1/2 cup (125 ml) maple syrup
1/4 cup (50 ml) vinegar
2 tbsp (25 ml) prepared mustard

METHOD:

1. Place onions in greased 13-in. x 9-in. x 2-in. (33 cm x 23 cm x 5 cm) baking dish; arrange chicken in

single layer over onions. Sprinkle with salt.
2. Combine remaining ingredients and pour over all, completely coating chicken.
3. Bake, uncovered, at 350 F (180 C) 1 hour or until juices run clear, basting several times.

SERVES 6

rd.ca

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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20

Some people have a way of getting under your skin, but if you stay calm and refuse to react to their stupidity you will feel better.



TAURUS

APRIL 21-MAY 21

Do whatever it takes to stay on good terms with partners and colleagues, because if you fall out now you may regret it later.



LIBRA

SEPT 23-OCT 23

You may not like making difficult decisions but today's Venus-Pluto aspect will help you push your emotions to one side and do what has to be done.



SCORPIO

OCT 24-NOV 22

Being such a can-do person others are always approaching you to help them out in some way, but time is limited at the moment.



GEMINI

MAY 22-JUNE 21

A family or financial issue must be resolved — not tomorrow or the day after but now. Today's cosmic alignments will make it easy for you to work things out.



SAGITTARIUS

NOV 23-DEC 21

You'll be on an ultra tight schedule today, so if you had planned to take some time off over the next 24 hours you had best put them on hold.



CANCER

JUNE 22-JULY 22

Get your head out of the clouds and start thinking along more practical lines. Pluto in your opposite sign of Capricorn will compel you to recognize truths.



CAPRICORN

DEC 22-JAN 20

Aim to accomplish something memorable today, something that brings you to the attention of the right kind of people.



LEO

JULY 23-AUG 23

You have never been the sort to dwell on what might have been. As far as you are concerned what's done is done and cannot be undone.



AQUARIUS

JAN 21-FEB 18

Certain people may be annoying but don't let them drag you down to their level. If you cannot adopt a positive attitude then just remove yourself.



VIRGO

AUG 24-SEPT 22

With the Sun transiting your birth sign you are determined to accomplish great things, and so you shall.



PISCES

FEB 19-MARCH 20

The planets promise that although things may be tough for you at the moment they will be much better in the long-term.



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DEALS to EUROPE

London

Royal National
Hotel London • 3 ★
Breakfast • Standard rm.
Oct. 6, 7, 14, 15, 21, 22 & 26 • 4 nts.

\$827

Taxes & other fees
(including service charges): \$474

Paris via Montreal

Mercure Paris Austerlitz
Bibliothèque • 3 ★
Breakfast • Standard rm.
Oct. 1, 7, 9, 14, 15 & 17 • 4 nts.

\$897

Taxes & other fees
(including service charges): \$420

DEALS to the WEEK

Santa Clara

Occidental Royal Hideaway
Ensenachos • 5 ★
All-Inclusive
Supersaver spa rm.
Sept. 13-27 • 1 wk.

\$939

Taxes & other fees
(including service charges): \$218

Cancun / Riviera Maya

Gran Bahia
Principe Tulum • 5 ★
All-Inclusive • Standard rm.
Oct. 3, 10 & 17 • 1 wk.

\$889

Taxes & other fees
(including service charges): \$285

Honolulu, Hawaii

Aston
Waikiki Circle • 3 ★
Hotel rm. city view
Dec. 6 & 13 • 1 wk.

\$799

Taxes & other fees
(including service charges): \$140

Ixtapa / Zihuatanejo

Barceló
Ixtapa Beach • 4 ★
All-Inclusive • Standard rm.
Jan. 9 & 16 • 1 wk.

\$1149

Taxes & other fees
(including service charges): \$270

Santa Clara

Meliá Las Dunas • 4 ★
All-Inclusive • Standard rm.
Sept. 13-27 • 1 wk.

\$659

Taxes & other fees
(including service charges): \$218

Cancun / Riviera Maya

Occidental
Grand Xcaret • 4 1/2 ★
All-Inclusive
Supersaver deluxe rm.¹
Oct. 3, 10 & 17 • 1 wk.

\$869

Taxes & other fees
(including service charges): \$285

Los Cabos

Crowne Plaza Los Cabos
Grand Faro • 4 1/2 ★
All-Inclusive
Deluxe oceanview rm.
Dec. 19 • 1 wk.

\$1379

Taxes & other fees
(including service charges): \$273

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Dec. 21 • 9 nts.

\$1779

Taxes & other fees
(including service charges): \$218

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